

LEMON GRASS CHICKEN STICKS

INGREDIENTS

- 3 stalks lemongrass (bottom section only, outer layers removed), finely sliced
- 2 cloves garlic, sliced
- 1 medium red chilli, de-seeded and sliced
- 2 red shallots or spring onions (white part only), finely sliced
- Few drops of canola oil
- 1 tablespoon honey
- 1 tablespoon fish sauce
- 1 teaspoon oyster sauce
- 1 teaspoon sesame oil
- 1 teaspoon grated palm sugar
- 5 boneless chicken thighs (about 600g), trimmed of excess fat and cut into 2cm pieces
- 8 bamboo skewers

METHOD

1. Make a paste from the lemongrass, garlic, chilli and red shallots or spring onions using a mortar and pestle or food processor, adding a few drops of oil if necessary.
2. Transfer the paste to a shallow bowl and add the honey, fish sauce, oyster sauce, sesame oil and sugar, and mix well. Fold the chicken pieces through, making sure they are completely coated with the marinade, then cover with plastic film and marinate in the fridge for 2-4 hours.
3. Soak the bamboo skewers in water for 1 hour before use to prevent them from burning.
4. Bring the chicken to room temperature by removing from the fridge half an hour before cooking. Preheat your flat grillplate or chargrill to hot, then thread the chicken pieces onto bamboo skewers and cook for a few minutes each side, or until the chicken is completely cooked through. Arrange on a platter and serve.

Serves 4 as an snack or starter

	Per Serving	Per 100g
Energy	1105kJ	615kJ
Protein	29g	16g
Fat – Total	13g	7g
- Saturated	4g	2g
Carbohydrate - Total	8g	4g
- Sugars	8g	4g
Sodium	654mg	364mg

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